

This timetable is designed as a guide of event times. Events may run ahead of schedule and it is the team Managers responsibility to ensure that athletes attend for the start of their competition.

Track	Field	
	Men	Women
11:00 110m H 3 races M		
11:15 100m H 3 races W	10:30 Hammer (County / Div 1)	10:30 Shot Put (County / Div 1)
11:30 1500m Walk 1 race** W	11:00 Pole Vault (All)	11:00 High Jump (All)
11:45 1500m Walk 1 race** M	11:00 Long Jump (County / Div 1)	11:15 Shot Put (Premier)
12:05 400m H 3 races W	11:15 Hammer (Premier)	11:45 Hammer (County / Div 1)
12:20 400m H 3 races M	12:00 Shot Put (County / Div 1)	12:30 Hammer (Premier)
12:35 4 x 100m 3 races W	11:45 Long Jump (Premier)	12:30 Long Jump (County / Div 1)
12:50 4 x 100m 3 races M	12:30 High Jump (All)	13:00 Pole Vault (All)
13:05 1500m 2 races* W	12:45 Shot Put (Premier)	13:15 Long Jump (Premier)
13:20 1500m 2 races* M	13:00 Discus (County / Div 1)	13:45 WFD 28lbs (All)
13:35 400m 3 races W	13:45 Discus (Premier)	14:30 Discus (County / Div 1)
13:50 400m 3 races M	13:45 Javelin (County / Div 1)	15:15 Discus (Premier)
14:05 3000m 1 race** W	14:30 WFD 56lbs (County / Div 1)	15:15 Javelin (County / Div 1)
14:25 3000m S/C 1 race** M	14:30 Triple Jump (All)	15:45 Triple Jump (All)
14:50 200m 3 races W	14:30 Javelin (Premier)	16:00 Javelin (Premier)
15:05 200m 3 races M	15:15 WFD 56lbs (Premier)	
15:20 800m 3 races W		
15:35 800m 3 races M		
15:50 5000m 1 race** M		
16:15 2000m S/C 1 race** W		
16:40 100m 3 races W	Scoring System:	
16:55 100m 3 races M	County / Club:	
17:10 4 x 400m 3 races W	9,7,6,5,4,3,2,1	
17:25 4 x 400m 3 races M		
Order of Races: County, Division 1, Premier. *County & Div 1 will run together. **All categories run together		

Notes

There will be a single round (Prelim) and a Final.

County / Composite Teams will compete in their own divisions. Best 15 events will be taken.

For the first round there will be no differentiation between premier or division 1 for club teams, everyone will be at the same level.

The best 15 events will be taken for everyone.

Top 8 in round 1 will become Premier for the Final where best 17 Events Apply.

Next 8 (9-16) in round 1 will become Division 1 for the Final where the best 15 Events Apply.

These 8 teams will be allowed 2 guests to compete with the team in the Division 1 Final only.

County / Composite Division will have the Top 8 go through to the Final, best 15 events will apply.

There will be no Guests Events in either round of the outdoor League.

Athletes limited to 2 Track Events & 1 Field Event, or 2 Field Events & 1 Track Event. No limit on participation in Relays.

Event Changes

a. Both men and women will contest a 1,500m walk in the outdoor league.

b. The opening heights for the Pole Vault shall be 2.00m for men and 1.55m for women.

c. The opening height for the High Jump shall be 1.50m for men and 1.30m for women.

Events:

Track

100m, 100mH/110mH, 200m, 400m, 400mH, 800, 1500m, 3000m/5000m, 2000mSC/3000mSC, 1500mW, 4x100m, 4x400m,

Field

4 attempts for the Throws and Horizontal jumps.

Max 4 Fouls in the Vertical Jumps, 3 consecutive Foul Rule still applies

HJ, LJ, PV, TJ, SP, JT, HT, DT, WFD.

Results:

live.athleticsireland.ie